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FAVORITE RECIPE:

Flavorful dressing perfect for July 4 potlucks

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AVON LAKE — Char Pulit, of Avon Lake, is a registered nurse, so her radar is always on when it comes to making healthy food choices.

A perfect example is her recipe for a very tasty and healthy salad dressing.

“This is a recipe I got when we went to a Fourth of July potluck,” Pulit said, referring to her and her husband, Daniel.

“There was a big bowl of salad there and a dish with a dipper for the dressing. I got some salad and put the dressing on it lightly, and it was the most delicious thing I ever had. I sat down and ate salad all day. I said to a relative of the girl who made the recipe that I’d like to have a copy of it and she typed one up for me,” Pulit said.

“It just has a wonderful flavor and it keeps for several weeks in the refrigerator. It’s a flavorful dressing with simple ingredients and can be safely stored. You don’t have any junk in it, no additives or preservatives. Bottled dressings on store shelves are often laden with fats,” Pulit explained.

“I’m an RN, so when I go to a potluck, fresh salad is always good to bring and deserves a good dressing,” she said, adding she prefers to use canola oil instead of olive oil because she likes the flavor better.

“When you combine the flavors in the recipe, it makes the dressing awesome. And you can use it on spinach or romaine lettuce, too,” Pulit said.

Salad Dressing

Servings: About 30

1/3 cup cider vinegar

1 cup vegetable oil (preferably canola oil)

1/2 cup sugar

1 teaspoon dry mustard

1 teaspoon salt

2 tablespoons water

1/2 cup finely-chopped sweet onions

Combine several hours prior to using. Use sparingly on salad. This will keep well in the refrigerator.



Char Pulit and her salad in Avon.

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